



Sully Spotlight

Heroes Live Forever
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February 2008

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A Fairfax County, Va., publication

Events of Interest

**Monday, February 18—
President's Birthday
(Federal Holiday)**

**Tuesday, February 19 @
7:30p.m.—CAC Meeting
located at The Meadows,
6100 Strasburg Drive**

Sergeant Dalton Becker Awarded Officer of the Quarter



Sergeant Dalton Becker (left) receives award from CAC Chairman, Dan Lindner.

The Sully District Citizens' Advisory Committee (CAC) awarded Sergeant Dalton Becker with Officer of the Quarter for the third quarter of 2007. Sergeant Becker was involved in two separate cases which involved foot pursuits and apprehensions of the criminals.

The first incident occurred in August 2007. Sgt Becker responded to a suspicious persons call which quickly turned into a burglary in progress. He spotted the suspects involved and got into a foot pursuit, capturing one of the suspects. Investigation revealed the identity of the other suspect and he was later arrested.

The second case occurred in September 2007. Sgt Becker responded to a burglary in progress call. As officers were clearing the scene, Sgt. Becker spotted the suspect, who had been hiding. After a foot pursuit, Sgt. Becker was able to apprehend the suspect. Through investigation, it was discovered the suspect had committed burglary and sexually assaulted the resident.

Sgt. Becker is deserving of this award for his response and arrests in these cases. We congratulate him on a job well done!



Police Officer— Real or Impersonator?

Fairfax County has seen several incidents involving suspected police impersonators in recent weeks. Police arrested Steven Rivas, 19, of 7801 Ridgewood Drive in Annandale around 1 a.m. Saturday, January 5 after he pulled over an off-duty Fairfax County Police officer on her way home from work. Rivas was parked in a lot next to Woodburn Elementary School in a 2004 gold Ford Explorer when he pulled onto Gallows Road and followed the officer. He activated blue lights, signaling for the officer to stop on the northbound ramp to I-495. After Rivas allegedly identified himself as an undercover police officer, the authentic officer identified herself and asked to see his badge and credentials. Rivas returned to his car and pulled away, with blue and white lights still activated.

The real officer got the license plate number and provided it to the Fairfax County Department of Public Safety Communications. Officers then responded to the Annandale home where Rivas was subsequently arrested. He was transported to the Fairfax County Adult Detention Center and charged with impersonating a police officer, reckless driving, use of unauthorized lights and abduction.

A second incident occurred on Saturday, January 19. An 18-year-old Burke woman was stopped by a possible police impersonator shortly before 10 p.m. on Saturday, January 19. The victim was traveling southbound on the Fairfax County Parkway near Lee Highway when a burgundy compact car pulled up behind her with a blue light flashing on the dashboard. The victim pulled over and the driver of the compact stopped behind her. The driver got out and approached the victim, asked for her driver's license and went back to his car. After a few moments, the suspect came back to the victim's car, handed her license back and told her to drive more carefully. The victim was not injured. The suspect returned to his car and drove away.

The suspect was described as white, in his 30s, about 5 feet 7 inches tall, weighing about 140 pounds. He wore a tan shirt and black pants.

While incidents of police impersonation are not commonplace, citizens should always use care when stopped by police. Take the following steps if you have concerns about the authenticity of the officer:

- Activate your vehicle's emergency flashers
- Drive carefully and immediately to the nearest well-lit, populated area for the driver's, as well as the officer's safety.
- Ask for the officer's official identification, if questionable
- Dial 9-1-1 if necessary. Give your precise location and ask the call taker to verify the traffic stop.²

Making Our Roads Safer in 2008

By- MPO W. M. Brock

Well, another year has passed and the year 2008 is upon us. The new year inspires many of us to make New Year's resolutions, such as starting a new diet, beginning an exercise regimen, spending more time with our families etc.

How many of you made a resolution to always wear your seatbelt, avoid distractions when you drive, share the road, not to drink and drive or to simply improve your day-to-day driving behavior? I would venture to guess there are not many of these types of resolutions. However, these are resolutions that we all need to make.

Why should we make traffic safety resolutions a priority? On average there are more than 900 deaths caused by traffic accidents on Virginia roadways each year. This averages out to 19 fatalities per week or 3 per day. These are staggering numbers considering that most traffic accidents are avoidable.

Specifically in 2007 there were 1,012 fatalities resulting from traffic accidents in Virginia. This is the highest state fatality total since 1981. Of the 1,012 total deaths in 2007, 52 of these occurred within Fairfax County as a result of 47 separate crashes. While the state average is up, the Fairfax County total for fatal crashes is actually down when compared to 2006, when there were 64 deaths.

Even though the total number of fatalities in 2007 decreased by 12 in Fairfax County, we must remain vigilant and on track to find a solution to lower the overall fatality total. We must all do our part and keep safe driving practices in mind. Even one fatality a year is one too many! In fact, traffic crashes are the leading cause of death for Virginians under the age of 30 years old.

Don't forget to buckle up! Wearing a seatbelt may seem like a simple task, however, lack of seatbelt use actually contributes to more fatalities than any other specific driving behavior.

So let us continue to lower traffic related deaths in 2008 by making a resolution that we will continue for the rest of our lives. Let us vow to become safer drivers. Together we can make a difference. Let's make a resolution to:

- ✦ Always wear our seatbelt;
- ✦ Avoid distractions while behind the wheel such as talking on a cell phone, reading or eating;
- ✦ Share the road with cyclists, motorcyclists, pedestrians and large trucks;
- ✦ Drive alcohol and drug free;
- ✦ Obey posted speed limits;
- ✦ Do not engage in "Road Rage".

Let's follow these safe practices, if not for our own sake, perhaps for the sake of someone we love or care about.

In the coming months, you may see the electronic sign board out along the side the road in your travels. My goal is to post it at several, "High Crash Areas" within the Sully District to promote awareness to motorists and encourage safe and responsible driving. If nothing else, it may make you stop and ask yourself... "Will I, or someone I care about, be Virginia's next traffic fatality?" If you have questions or concerns, please feel free to email me at wbroc1@fairfaxcounty.gov . Also, check out the Highway Safety Challenge website at <http://www.safevahighways.org> .



NEIGHBORHOOD CRIME ALERT!



Don't Be a Victim!

Chomp Down on Burglary!



Residential break-ins are on the rise in the Sully District. We continue to have among the lowest burglary rates in the county, but we're seeing an increase over this time last year. Burglaries are primarily crimes of opportunity. The majority of burglaries happen during daytime hours when residents are at work. Criminals prefer to break into homes that are easily accessible and avoid homes where crime prevention measures have been taken to better secure the residence. There are many things you can do both individually and as a community to lower the risk of being burglarized. Taking a few extra steps in securing your home can help you "***Chomp Down on Burglary.***"

- ◆ Lock all of your doors, even when you are home.
- ◆ Lock all of your windows. Use the safety locks if your windows are equipped with them.
- ◆ Close your garage door, even when you are home.
- ◆ Secure the door from the garage into the house. Always treat it as an exterior door.
- ◆ Illuminate your home! Use exterior lights at night to illuminate around your house.
- ◆ Use timers on your lights to give the appearance you are home, even if you are gone.
- ◆ Keep shrubbery around your home trimmed low and trees pruned high.
- ◆ Talk to your neighbors! Watch out for each other's property. Crime knows no boundaries.

If you need more assistance or would like to schedule a **FREE HOME SECURITY CHECK**, please contact the Sully District Crime Prevention Office at 703-814-7018.

To Report Crime Call:

9-1-1 (Emergency)

703-691-2131 (Non-Emergency)

To request this information in an alternate format, call the Public Information Office at 703-246-2253. TTY 703-204-2264

FAIRFAX COUNTY CRIME SOLVERS

News Release



Fairfax County Crime Solvers Takes a New Byte Out of Crime!

With the recent creation of their new website, Fairfax County Crime Solvers has tapped into the latest technology available for receiving anonymous tips. Tipsters may now give their information via texting or e-mail using state-of-the-art software purchased through Anderson Software. Texting is a popular form of communication for the younger generation and Fairfax County Crime Solvers hopes to open that line of communication with them.

Previously, tipsters were limited to calling a phone number. This new software opens the door for Crime Solver programs and interfaces these newer forms of communication with tip-taking. It enables tipsters to communicate through a secure server that blocks their identity. Thus, tipsters are able to relay vital information from anywhere they can send text or e-mail messages and at any time.

In addition, their new website provides current information on wanted persons, news releases, suspects caught in the act and upcoming events. This site is continually updated. It was designed with the user in mind and provides a means to stay current with the latest efforts of the Crime Solvers Board.

Fairfax County Crime Solvers is the first in the Washington Metropolitan region to implement this new texting and e-mail software. Other programs in the nation that currently use it have seen a sharp increase in the number of tips received.

Fairfax County Crime Solvers is a non-profit 501C3 organization comprised of business leaders and citizens throughout the area. They provide a venue for those with knowledge of a criminal act to report information without the fear of retaliation. Their tip lines are protected under law.

The Fairfax County Crime Solvers' Board of Directors invites you to visit their new website at www.fairfaxcrimesolvers.org Those who wish to report information may now utilize one of the three methods available:

- **By phone** – Call 1-866-411-TIPS/8477 and follow the voice prompts to Fairfax County
- **By e-mail** – visit www.fairfaxcrimesolvers.org and click on the secure link to communicate back and forth.
- **By texting** – Text "TIP187" plus your message to CRIMES/274637

CALLERS MAY REMAIN ANONYMOUS

Fairfax County Crime Solvers

4100 Chain Bridge Road Fairfax, Virginia 22030

TIP LINE: 1-866-411-TIPS(8477) or text "TIP187" plus your message to CRIMES

WEBSITE: FAIRFAXCRIMESOLVERS.ORG

Proud Member of National Capital Area Crime Solvers



Health Corner

Dietary Supplements: Shocking but True

By: Megan Hawkins M.S. B.S. CPT (Officer, Sully Evening Shift)

A dietary supplement is defined as “a food product, added to the total diet, that contains either vitamins, minerals, herbs, botanicals, amino acids, metabolites, constituents, extracts, or combinations of these ingredients” (Williams, 2002).

Chances are that you or someone you know is taking a dietary supplement. And if you are taking a dietary supplement, my question to you is **why**? Here are the most popular answers I have heard over the past few years:

1. A friend/acquaintance recommended it.
2. I read about it in a magazine (Muscle magazines, etc).
3. I saw a commercial/advertisement for it.
4. I heard about someone taking it and decided to try it.
5. One of the huge guys in my gym is taking it.
6. I do not eat a balanced diet; therefore I need the vitamins and minerals.

Unfortunately, none of these reasons are good reasons, and here's why...

Dietary supplements are marketed and advertised to be a quick fix either to increase muscle mass, decrease body fat, or to manipulate/improve/change your body. In 1994, the Dietary Supplement Health and Education Act (DSHEA) was established to regulate advertising and promotion in regards to supplements. Many times misleading or untrue claims are used to attract the consumer. This process is called “quackery.” How does this happen? Manufacturers of dietary supplements, fund and complete their own study/studies and manipulate and misrepresent the findings to promote their product. Or many conduct only one study and use those results, instead of completing numerous studies to soundly support the effectiveness of their products. .

Officially, all claims made by manufacturers are to be scientifically proven via valid and reliable research studies. The DSHEA states that “claims may not be made about the use of a dietary supplement to diagnose, prevent, mitigate, treat, or cure a specific disease (unless approved under the new drug provisions of the Food, Drug, and Cosmetic Act (FD&C Act))” (DSHEA, 1995). But manufacturers circumvent this by constructing broad declarations and use an ingredient that has been scientifically found to improve health in some manner. For example, “Supplement A” could have a minute amount of calcium in it. Since calcium has been scientifically found to help with osteoporosis and health-bone growth, “Supplement A” could be promoted as helping with bone health.

Importantly, most dietary supplements have never been tested by the FDA to see their short and long term effects on the human body. Many times, individuals are taking several dietary supplements and studies have not been completed in regards to effects of taking several of them at the same time. Also, when these products are analyzed for the quality of the active ingredient some contain zero levels/percent.

Personally, I do not use and do not recommend any dietary supplement to any individual. You can consume all the nutrients needed by the body by eating a well balanced meal which includes vegetables, fruits, and grains, etc. Understand that there are people who can benefit from dietary supplements (i.e. pregnant women taking prenatal vitamins); but only doctors should prescribe dietary supplement.

References: U.S. Food and Drug Administration. (1995). *Dietary supplement health and education act of 1994*. Retrieved July 18, 2005, from the FDA Web site: <http://vm.cfsan.fda.gov/~dms/dietsupp.html>

William, M.H. (2002). *Nutrition For Health, Fitness & Sport* (6th ed.). Boston, MA: McGraw Hill.

*Was previously printed in the FCSO “Off the Cuff” newsletter.

Sully District Station Child Seat Inspections

Is your child seat installed properly? Is it the correct seat for your child's age and weight? Did you know that your Sully District Station offers free child seat inspections by certified technicians?

Next available dates: Thursday, February 7, 2008 5 p.m.—8:30 p.m.
Tuesday, February 12, 2008 5 p.m.—8:30 p.m.
Thursday, February 21, 2008 5 p.m.—8:30 p.m.
Tuesday, February 26, 2008 5 p.m.—8:30 p.m.



No appointment is necessary. Our technicians request that you make an effort to install your child safety seats yourself, so that they may properly inspect and make adjustments, as necessary. For additional child seat inspection times, you may call the Fairfax County Operations Support Bureau at 703-280-0559.

CAC Corner



The Sully District Citizens' Advisory Committee (CAC) meeting is scheduled for Tuesday, February 19, 2008 beginning at 7:30 p.m. **The meeting will be held at The Meadows community building located at 6100 Strasburg Drive, Centreville, VA 20121.** Ellen Kamilakis with Fairfax County Office of Emergency Management and Richard Roatch with Fairfax County Fire and Rescue Department's Special Operations will talk on Emergency Preparedness. Anyone who lives or works in the Sully District is encouraged to attend. We hope to see you there!

Traffic Trivia

Did You Know?

- Virginia license plates must be displayed on the vehicle so that all wording, numbers and decals are completely visible and readable. The license plate holder or frame cannot obscure the license number, name of issuing state, or expiration decals.
- You must use your headlights during inclement weather, or whenever you use your windshield wipers.
- You must signal before you change lanes, make a turn or pull in front of another vehicle.
- Radar detectors and radar jamming devices are illegal in Virginia. Mobile infrared transmitters that change traffic lights are also illegal.
- It is unlawful to operate a motor vehicle, moped or bicycle on Virginia roadways while using earphones or headphones in both ears.
- Bicycles are considered vehicles and have the same rights-of-way as motor vehicles; bicycles must also yield the same rights-of-way as motor vehicles.
- If you change your address, you must notify DMV of your new address within 30 days.

Sully District Police Station
4900 Stonecroft Boulevard
Chantilly, VA 20151

Main Phone 703-814-7000
Fax 703-814-7013

File a Report on Line
www.fairfaxcounty.gov/police/crs

Virginia Amber Alert
<http://www.vaamberalert.com>

Aggressive Driving—
Report Online at
https://www.fairfaxcounty.gov/ps/police/traf_sfty_report.htm



PHONE NUMBERS

Fairfax County Crime Solvers :
1-866-411-TIPS

Fairfax County Police Non-Emergency:
703-691-2131

Sully District Crime Prevention Office:
703-814-7018

Child Car Seat Installation:
Sully District Station
703-814-7000 x 5140

SAFE (Self Defense Class)
703-246-7806

Citizen Reporting System (to file reports only)
703-691-2131

NEIGHBORHOOD WATCH INFORMATION

What is Neighborhood Watch? How much time do you have to commit?

These are frequently asked questions about Neighborhood Watch. When people think of Neighborhood Watch, they think of walking around in orange vests that say "Neighborhood Watch" and having to commit to a schedule. Some neighborhoods do have this type of Neighborhood Watch. Many communities, however, elect to have one of the other three types of Neighborhood Watch formats.

Passive Observation – This Watch means simply being aware of suspicious activity and calling the police to report it in a timely manner. This type of Watch consists of individuals out for their evening walks, or shift workers coming home late who agree to ride through the neighborhood before pulling into their driveway or parking place. Your involvement is important, but you are not tied to a schedule.

Window Watch – This Watch encompasses those who work out of their home, or elderly residents who may not leave their homes often. Window Watching is just that – looking out of your window periodically to make sure everything is as it should be. If you see something or someone suspicious, call the police to check out the situation.

Mobile Patrols – This Watch is used in more spread out neighborhoods where driving around is more conducive to checking the neighborhood for suspicious activity.

Neighborhood Watch is a great tool to have in your community. It helps bond a neighborhood together to protect the properties within. Neighbors watch out for neighbors. It also provides a valuable communication link to the Fairfax County Police Department so that the police receive the needed calls for suspicious persons and activities. If you do not call the police, they will not know that situations are occurring. You are extra eyes and ears to help police officers do their jobs to prevent criminal activity from occurring in your community.

Your only upfront commitment is to attend a two hour mandatory training seminar conducted by the Fairfax County Police Department Crime Prevention Unit. **Neighborhood Watch should be started before crime does!** Waiting until crime occurs is too late.

For more information, contact the Sully District Police Station's Crime Prevention Specialist, PFC Mary Hulse, at 703-814-7018.

Newsletter compiled by PFC Mary Hulse